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biggest crowd yet pg 4



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www.themorningnewsaruba.com • themorningnewsaruba@gmail.com Wednesday, February 9, 2011

THE MORNING NEWS

FREE COPY Your Source for local news in English Caya G.F. Betico Croes 111 T. 588-9517 F. 5889518.

Tesoronan Di Aruba (Aruban Treasures) Awards Night was a festive occasion with a rainfall of awards



Last Friday evening at the Hard Rock Café, Aruba Tourism Authority presented awards to the winners of the 3rd annual "Treasures of Aruba" competition. The Aruba website, www.aruba.com

also received recognition for its international "Caribbean Tourism Web Award." During the festive occasion, ATA CEO, Mrs. Ronella Tjin Asjoe-Croes had words of praise for the Digital Department of

ATA, for its work both locally and internationally.

The new ATA CEO reminisced about the start of the Tesoronan Di Aruba project three years ago under the leadership of Mrs. Paula Ochoa of ATA's Digital Department. The primary objective of the program is to capture unique images of Aruba by our own local people, and to serve as a pilot program to later be launched internationally in 2012.

The Aruba Tourism Authority succeeded in acquiring a massive treasure of over 700 photos, over 20 videos which will be featured on Aruba's official website, aruba.com.

They will also be featured on the social media and in different promotional material.

During the festive evening several merchants who sponsored the awards were on hand to present the awards to the winners who contributed to aruba.com with photos and videos.

It was no small undertaking to select winners from 250 photos submitted by more than 50 participants and 10 videos, as each one was truly unique.

Well-known and experienced persons in our community served as the judges for the Tesoronan di Aruba. Among the Judges were: Rona Coster, Myrna Jansen, Juan Torres, Ryan Oduber and Steve Keith.

Winners for the Video Category:

Coming in at 4th place was Ishwar Daryanani with his video Aruba Su Tesoronan, who received a LaCie Hard Disc Max-External Drive 1GB from Mr. Ravee Boolchand and Mr. Manoj of the Boolchands Electronic store.

Third place winner was Teun Mulder for his video Aruba, One Happy Island. Teun Mulder received a Blackberry Gemini from ICR Tech from Mrs. Tatiana Lacle.

Second place winner was Roberto Kock with Aruba Ta Mi Pais. Kock received a Blackberry Torch from Regene

Tromp representing SETAR N.V.

First prize winner for his Arquitectura Arubano video was Francisco Pardo. Mr. Pardo was the proud recipient of the grand prize – an Apple Mac Pro from Arubook, which was presented by Terrick Mansur.

Winners in the Photo Category:

Fourth place winner was Patrick Thompson for his Sunset Cast Prize. Thompson's prizes were: one Free Webdomain and Hosting package for 2 years from YFMG Web Consulting of Mr. Feliciano, and also a Magic Trac



Pad from the Billionaires Media from Eva Wever.

Continued on page 4

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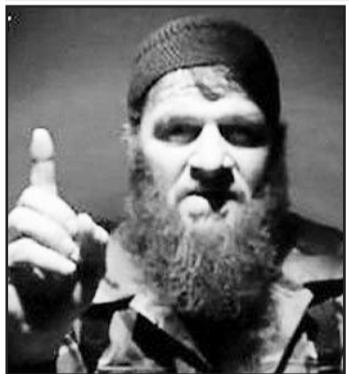
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TUESDAY AND FRIDAY: LIVE MUSIC

Chechen warlord claims Moscow airport attack



An IntelCenter photo shows the "Caucasus Emirate Emir" Doku Umarov

MOSCOW, Russia (AFP) — The leader of Islamist militants in Russia's North Caucasus claimed last month's bombing of Moscow's main airport as President Dmitry Medvedev fired a raft of security officers over the attack.

Doku Umarov, the head of a Chechnya-based rebel group that aims to enforce Islamic rule, also issued a chilling

warning of more suicide strikes in a video two weeks after the attack at Domodedovo airport which killed 36 people.

"This special operation was carried out on my orders," said the bearded militant in a video posted on the Kavkaz Centre website which is the main channel for messages by North Caucasus rebels.

"God willing, these special operations will be carried out in the future," said the leader of the Caucasus Emirate rebel group.

Umarov, whom Russian special forces have repeatedly tried and failed to kill over the last few years, was shown wearing a black skullcap and khaki military fatigues, apparently speaking from inside a tent.

Umarov last year also claimed the suicide attacks on the Moscow metro in March carried out by female suicide

bombers that killed 40 and wounded dozens during the morning rush hour.

He said the January 24 airport attack staged at the international arrivals hall was aimed at avenging Russia's crimes in the North Caucasus region and warned Prime Minister Vladimir Putin future attacks could be even deadlier.

Umarov called on Russia to prevent more bloodshed and "leave the Caucasus", a region where Russian rule dates back to the Tsarist era.

The Kremlin has repeatedly said giving up the Caucasus and negotiating with "terrorists" was not an option.

He was known as an ally of notorious rebel chief Shamil Basayev, who claimed to have led dozens of bloody attacks, including the infamous 2004 Beslan school hostage siege that killed over 330 people, most of them children.

Rio Tinto in \$1 bn Australia, Canada iron ore plan



File photo shows a train transporting ore from Tio Tinto.

to 2030," the London-based resources giant said in a statement.

The Marandoo mine is part of the Anglo-Australian miner's large operations in Western Australia's Pilbara region.

At the same time, Rio Tinto said it has agreed to invest more cash in its Canadian iron ore joint venture.

"Rio Tinto has given the go-ahead to a further \$277 million investment (Rio Tinto share \$163 million) in the next phase of a project that will ultimately raise the Iron Ore Company of Canada's concentrate production capacity by 40 percent to 26 million tonnes per year."

The Iron Ore Company of Canada is the nation's biggest iron ore producer and is 58.7-percent owned by Rio Tinto.

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Egypt protests draw biggest crowd yet

Facebook sites and having been seized by the regime on January 27.

Earlier, the regime had issued a decree forming a committee to oversee constitutional changes ahead of elections due later this year.

In Cairo, the immense crowd hailed as a hero a charismatic cyberactivist and Google executive whose Facebook site helped kickstart the protest movement on January 25 and who has since been detained and held blindfolded for 12 days.

AFP journalists overlooking the square confirmed it was the biggest gathering yet in a movement which began on January 25. Many protesters carried the symbols of the Internet social networks Facebook and Twitter, which have become vital mobilising tools for the opposition thanks to online campaigners like Google executive Wael Ghonim.

"I like to call it the Facebook Revolution but after seeing the people right now, I would say this is the Egyptian people's revolution. It's amazing," he said, "Egyptians deserve a better life. Today one of those dreams has actually come true, which is actually putting all of us together and as one hand believing in something."

Ghonim has become a hero to many in the protest movement, having started one of its

This week, Mubarak tried to buy time, pledging to raise public sector wages by 15 percent and ordering a probe into deadly violence that has left at least 300 people dead in the course of 15 days of protests.

Western capitals have generally stopped short of calling for Mubarak to go, urging instead cautious reforms, but French Defence Minister Alain Juppe said it was now time to

"bet on the emergence of democratic forces."

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Op Ed – The advantages of investing in an annual Aruba International Film Festival



Minister Otmar Oduber and Mrs. Ronella Tjin Asjoe-Croes

Aruba's Ministry of Tourism conducted a press conference yesterday morning to announce there will most definitely be a second Aruba International Film Festival, (and funds are already committed for a third) taking place this year from June 10 to 16.

Some may wonder at the government's investment of 2.7 million Aruban florins over three years, or \$500,000 per festival, and question if what it brings to the island is worth spending. Aruba Tourism Authority CEO Ronella Tjin Asjoe-Croes was present for the announcement, stating that analysis proved 1000 additional visitors came here specifically for the AIFF, and this is expected to grow. Not overly impressive at first glance, but the fact Aruba can offer the additional incentive, when some may be weighing their options between vacationing here or another island, of being face to face with an A-list media celebrity (or several) and possibly garnering a personal autograph can certainly be considered an added benefit of hosting the event. Others perhaps have already decided to visit Aruba, but cannot decide exactly when, and the AIFF schedule is aimed at bolstering what is usually a "slow time" for Aruba. The first festival had not much time to establish these advantages, but it did lay the groundwork for this year's event.

Minister of Tourism, Transport and Labor, Otmar Oduber, reported that the AIFF welcomed over 45 international journalists from around the world, and continuous coverage appeared in more than 400 publications. Such media exposure would normally cost well over \$2 million to pur-

chase, so this is an excellent return on the cost of staging the event. The ministry and AIFF founders and co-producers, Jonathan Vieira and Giuseppe Cioccarelli, acknowledge the role of their private sponsors, Paseo Herencia Mall, The Cinemas, Aruba Airport Authority, Hyatt Regency Resort, AHATA Tiara Air, Harry Winston and Aruba Trading Company along with many others in making this possible; it is this continued public/private effort which allows Aruba to be aggressive with events which will be "high profile" in the international media.

Are people paying attention? A good example is seeing the place Aruba has taken in media that actually has nothing to do with coverage of the island. In an episode aired on January 26 of the popular and long-running series, "Criminal Minds," which was titled "The Thirteenth Step," a young couple on a killing spree spoke repeatedly of running off "to Aruba and living by the sea." When they were cornered at the end of the show with a hostage, they were asked their demands, which included "tickets to Aruba." The island's name comes up in books, TV shows and movies continually, almost on a daily basis, and even news reports not about the island, but wherever a quick and recognizable reference is needed for an "island paradise" that is considered a fantasy escape. In this way, the AIFF is akin to throwing a stone in the water, with the ripples spreading far and wide; it keeps the island in the spotlight among not only potential tourists, but those who follow and function on media events, then propagate the mystique.

Continued on page 4



Pointers to Ponder

Tony A.D. Green

www.people-self-development.com



Part I

summarized list of those mood-draining people and what you can do to overcome them:

I. The Narcissist: This type of person has a chronic "me first" attitude. Everything revolves around them. To them no one is more important than them. They have an out of proportion sense of self-importance and they crave everyone's attention and admiration. These people can be dangerous to you because they have no empathy, no sense of guilt, and are unable to love unconditionally. They always want things their way and if they can't get their way they become punishing, cold and unreasonable.

How to Protect Yourself: Keep your expectations realistic. These are emotionally limited people. Try not to fall in love with one or expect them to be selfless or love without strings attached. Never make your self-worth dependent on them or confide your deepest feelings to them. To successfully communicate, the hard truth is that you must show how something will be to their benefit. If you can avoid it, it's better not to have to contend with this tedious ego stroking person. Be matter-of-fact and firm.

2. The Victim: This type of person has an incessant "poor-me" attitude. They constantly feel that the world is always against them, this is why they're always unhappy. Whenever you offer a solution to one of their multiple problems they always say, "Yes, but..." You might end up screening your calls or purposely avoiding them. If you become a friend to them, they will wear you out with their constant tales of woe and dismay. Their sad stories make it very difficult for you to help them, instead they

will overwhelm you. A relationship with such a person will stress you out to the max.

How to Protect Yourself: First off, you must set kind but firm limits. Listen briefly to the "poor me" story and then tell them..."I love you but I can only listen for a few minutes unless you want to discuss a solution to the problem." If the person is a coworker, sympathize by saying, "I'll keep having good thoughts for things to work out." Then say, "I hope you understand, but I'm falling behind in my work and I must return to work now." Then use "this isn't a good time" body language such as crossing your arms and breaking eye contact to help set these healthy limits. The bottom line is, you must be firm and limit your interaction and don't feed into their poor me syndrome.

To have healthy relationships, and to decrease your emotional drain, you need to take an inventory of the people around you. When you do, you will recognize those who increase your energy level, and those who just drain your emotions. Once you have singled them out, decide to spend your time with those who give your strength and lift you up. And, determine to set limits with those who drain your energy and pull you down. This will definitely improve the quality of your life. Trust God to give you the wisdom to know who your "strength" people are and who your "destructive" people are, and make Him your best friend. He will give you unusual strength.

Next Morning News edition I will share with you three more people who can drain your emotional strength, and how to deal with them. Let me know if this was helpful: themorningnewsaruba@gmail.com.

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The advantages of investing...

Continued from page 3



Jonathan Vieira, Minister Oduber, Ronella Tjin Asjoe-Croes and Giuseppe Cioccarelli

AIFF organizers are also conscientious of a responsibility to local filmmakers, and again plan in some way to feature those from the region. This provides a stimulus for young Arubans interested in careers in the industry, and the dialogs they provided at the first AIFF allowed them to learn from veterans such as Guillermo Arriaga and Thelma Schoonmaker, a three-time Oscar winner for editing who has done all of Martin Scorsese's major films for the last 40 years. Every seat for their lectures was filled; notably, not with those looking for glamorous stars but by those who sought useful information and advice from respected filmmakers, who were happy to accommodate.

Giuseppe announced that AIFF will also continue with their commitment to island environment by featuring a video contest for Aruban youth, which will involve the island's ecosystem and its preservation, possibly by modern technology. Jonathan also mentioned a program to encourage films about some of Aruba's premiere attractions, such as windsurfing and kitesurfing, which will provide an exciting showcase for some of our talented athletes and a challenge to the local filmmakers who will tell their story. In these ways, the AIFF strives to in-

volve the community directly in this event, as well as accepting a large number of local youth and adults to work as volunteers while it takes place. Last year, the AIFF also attracted a number of aspiring filmmakers and photographers from the U.S. and Europe, who traveled to Aruba at their own expense and volunteered their services.

Last year, Ronella Tjin Asjoe-Croes was the CEO of the Tourism Corporation of Bonaire, so she has the very interesting insight of having looked at the first AIFF as an island marketing executive of a competitive destination. She expressed she felt the effort was "innovative and refreshing; I followed every moment I could." Though Aruban vendors may not recall individuals coming into their shops and restaurants telling them they were here specifically for the AIFF, analysis of the ripples would appear to confirm the effort accomplished what was intended, and is most definitely worth a second and third installment. Ronella promised a thorough analysis of how the funds will be deployed, and if the desired results are achieved. "We are investing in the festival, but we must invest responsibly. We will make every effort to insure this is accomplished."

by Rosalie Klein

Faithfull Divi Resorts guests enjoy Aruban hospitality



On Monday night, The Morning News crew, while having a relaxing time at Mulligan's, bumped into this joyful group, all faithful Divi Resorts guests. They have been visiting our island for 15 years and enjoying it very much. Sorry guys, during an unfortunate incident at the parking lot the paper with your names got lost. But the invitation stays for the golf tournament on this Saturday at 3:00 p.m. And you - yes you - don't forget you promised Yvonne you will caddy for her. She is counting on you. Hope you have a wonderful stay on our island. See you on Saturday. Photo shows The Morning News associates Yvonne (C) and

Tesoronan Di Aruba (Aruban Treasures) Awards Night . . .

Continued from page 1

Coming in third place was Giovanni de Windt with his Quadirikiri Photo. He received 2 airline tickets from Tiara Air from Alejandro and Camilo Muyale.

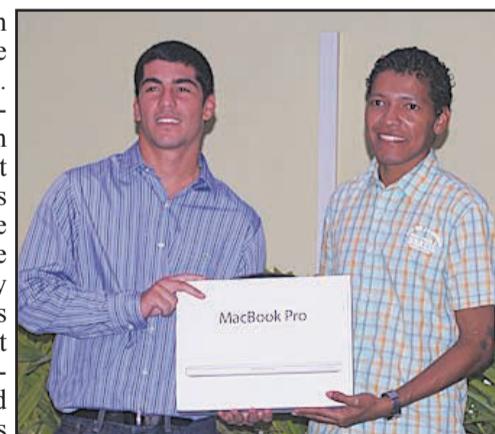
Second place winner's photo, dubbed, Nos Choko (our owl), presented by Nelson Thiel won an I-Phone 4 from Burger King and Aruba Trading which was presented by Ms. Anna Maria Ramirez.

The first prize winner was Ralph Lacle for his "Nos Burico" (our donkey) photo. He was awarded the Grand Prize - a Nikon D-90 Camera from Boolchands, which was presented by Mr. Ravee Boolchands, and Diario Online presented by Ms. Damilice Mansur.

Aruba.com Recognition:
Jo-Anne Croes and Paula Ochoa were praised by Ronella Tjin Asjoe-Croes for the award

they received from TravelMole for the www. aruba.com. The prestigious Caribbean Tourism Web Award - Tourist Board award was given because of the impression that the site creates for every visitor who stops by...the sense that Aruba is a destination of friendly and unique people, as well as for the fact that the website is also very social media friendly using Facebook and Twitter and that it is replete with a chat forum.

TravelMole, established in 1998, is the first online community for the Travel and Tourism Industry. Today, TravelMole.com and TravelMole.tv, publishes 15 eNewsletters and broadcasts videos to more



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Food, wine and fun at the monthly Aruba Culinary Festival



DIVI LINKS -- The Aruba Culinary Festival, an exciting taste of Aruba and cultural experience, was a smashing success! Taking place on Monday night, February 7, at the scenic outdoor plaza of Divi Links, more than 400 locals and tourists were wowed by this unique evening under the stars. A collaborative effort of the Aruba Gastronomic Association and Divi Resorts, this is the perfect formula for food, wine and fun!

There were unanimous rave reviews about the food and wine. The eclectic menu included abundant, exquisitely

prepared signature dishes courtesy of restaurants of the Aruba Gastronomic Association and Divi Resorts. Amazonia's perfectly-cooked chicken wings, ribs and tenderloin were served right off the grill; Aqua Grill's tasty cold tuna chili was served with a green salad and crisps. Driftwood's fresh catch of the day in Creole sauce, caught by the owner himself, was accompanied by pan bati (local corn bread).

The Manchebo Beach Resort was represented by its two fine restaurants; beef stroganoff, a favorite with diners at the French Steak House,

was served with homemade fettuccine prepared by Giorgio's. Gasparito prepared two versions of the traditional Aruban dish of keshi yena, one with seafood and the other with chicken. Divi Resorts delighted guests with seafood paella courtesy of Mulligan's and Windows on Aruba's orange and vanilla mousse. La Trattoria El Faro Blanco was applauded for its succulent rack of lamb with roasted potato. The Old Man and the Sea prepared delicious sautéed diced oysters, shrimp and fish on the half shell topped with hollandaise sauce.

The wine was flowing and flowing courtesy of Arion Wine Company, enjoyed by appreciative wine lovers and perfectly accompanying the menu.

Erik van den Hengel, Food & Beverage Director, Divi Resorts, did an awesome job in working with his staff to create the perfect festival venue. The live music of Ernesto Ferro lent the perfect touch, applauded by all the guests.

Don't miss the next edition of the monthly Aruba Culinary Festival to take place in March – details to follow.



Sci-Tech

Take a stand on Safer Internet! It's more than a game, It's Your Life!



Safer Internet Day, which took place yesterday, is organised by Insafe each year in February to promote safer and more responsible use of online technology and mobile phones, especially amongst children and young people across the world.

Insafe network, European network of Safer Internet Centres, is celebrating Safer Internet Day for the eighth consecutive year.

The topic for 2011 is "our virtual lives" around the slogan "It's more than a game, it's your life".

Web users urged to teach kids about net safety

Safer Internet Day focuses on online gaming and social networks

Web users are being encouraged to use technology and mobile phones more responsibly to ensure they stay safe when online, in a bid to mark this year's Safer Internet Day.

According to Christian Brindley, senior principal systems engineer at security vendor Symantec, the growth in social gaming has created a boom in the use of virtual identities online.

"With users' accounts often linked to their social networking sites, the potential for cybercriminals to glean personal information for illegal activity is higher than ever," he said.

"Combined with the fact that most individuals still rely on simple username plus password logins, which can easily be hacked, social networks and gaming sites are prime territories for fraudsters to find the three pieces of information about you they need to begin stealing your identity."

Simon Ellson, Norton's

consumer security expert believes the increase of cyber-crime-related news stories over the past year or so has helped to highlight the importance of being ultra careful when it comes to online activities

"However, being a victim of cybercrime doesn't usually have much resonance unless you've experienced the bad side of it yourself. Safer Internet Day really helps put the situation into context to promote safer and more responsible use of the internet to protect our virtual lives," he said.

"As new technologies become available, cybercriminals are continuing to use sophisticated tricks to trip people up so it's important to remain vigilant online and think twice before departing with personal information."

Brindley advised web users to act cautiously when posting anything online and inputting passwords.

"Personal information such as full date of birth, home address or telephone numbers should never be publicly displayed. Where possible, use sites that offer two-factor authentication, which works by requiring not just a username and password but also a unique, one-time six-digit security code, generated by a token or free mobile phone application," he said.

"This creates a much stronger login and helps to combat identify theft. In addition, secure networks and home computer security software should always be used to minimise the risk of hacking and provide warnings when users may be at risk."

Tony Anscombe, AVG Ambassador of Free, revealed teaching and educating both children and adults

on the dangers of internet security has never been more important.

"Children are exposed to technology at an increasingly early age. A recent study by AVG, Digital Skills, revealed that children are more advanced in their technical skills than life skills, like riding a bike," said Anscombe.

"The shift in childhood behaviour is something that parents need to not only be aware of, but they should also take active responsibility to ensure their children's safety is not compromised."

Anscombe advised parents to ensure all computers and mobiles are protected with up-to-date software. He added safety should be made a priority, not an afterthought.

"Finally, it is important that parents understand the role they play on keeping their children safe by ensuring that they do not post information regarding their children in the public domain that may be used to identify their children or cause them embarrassment later in life."

To discover all the fantastic online and offline activities organised in your country check out our Safer Internet Day fair (www.sidfair.org), a collaborative platform where more than 80 Safer Internet Day committees, international organisations and stakeholders have their profile and communicate about their actions.

Safer Internet Day 2011 will also mark the launch of a brand new publication full of fun activities for 4-8 year-olds. Entitled Play and Learn: Being online and developed by Insafe in collaboration with our SID gold sponsor Liberty Global Inc., this is an indispensable resource for young children as well as for their parents and teachers. As young children are now using computers and surfing on the internet at an increasingly early age, Insafe is once again leading the field by providing a resource that will raise their awareness to the opportunities and risks they may encounter online whilst honing their linguistic, cultural and social skills.

Visit their website www.saferinternet.org and that of your national awareness centre to get tips on how to protect yourself and your privacy online.



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YouTube is top website with smartphone users



PARIS (AFP) – YouTube video-sharing service is the most popular website among smartphone users, accounting for 17 percent of mobile data traffic, according to a report released Tuesday by network firm Allot Communications.

"As video streaming continues to reign supreme within mobile networks, YouTube continues as the single most significant website for video streaming and sharing, now accounting for 45 percent of overall mobile video streaming traffic and 17 percent of total traffic on mobile networks," said Allot Communications.

Last month YouTube said that it was serving up more than 200 million videos daily to smartphones and other Internet-linked mobile devices.

Allot Communications' Global Mobile Broadband Traffic Report for the second half of 2010 found that video

streaming extended its lead over other services, accounting for 37 percent of total traffic.

File sharing represented 30 percent of traffic, which Allot said indicates many subscribers see mobile Internet as a direct substitute for fixed connectivity.

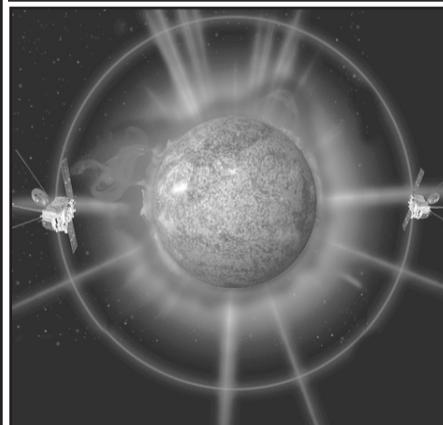
Internet phone services such as Skype and instant messaging services accounted for only four percent of traffic, but experienced strong growth of 87 percent.

Social networking sites experienced rapid mobile growth, with Twitter growing by 1,800 percent over 2010. Facebook grew by 1,000 percent.

The report also found Apple's App Store accounted for 89 percent of app store traffic, with Android Market accounting for just nine percent. It noted that Android Market was growing at a rapid 177 percent, compared to 54 percent for App Store.

US-based Allot Communications prepared its report based on statistics collected from mobile networks around the world representing more than 210 million subscribers.

NASA pics show Sun 'in stereo'



A picture released by the NASA on February 6, 2011 shows an artist's concept of STEREO spacecraft surrounding the Sun. On Feb. 6th, NASA's twin STEREO probes moved into position on opposite sides of the sun, and they are now beaming back un-

interrupted images of the entire star—front and back. "For the first time ever, we can watch solar activity in its full 3-dimensional glory," says Angelos Vourlidas, a member of the STEREO science team at the Naval Research Lab in Washington, DC. Four years after launch NASA's two STEREO spacecraft are now 180 degrees apart and able to image the entire Sun. "STEREO has revealed the sun as it really is -- a sphere of hot plasma and intricately woven magnetic fields." AFP PHOTO / NASA



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Health & Living

France sees first 'saviour sibling'



French doctor Rene Frydman poses in 2010 in his office at Antoine Beclere hospital in Clamart

PARIS, France (AFP) – Doctors in France announced the country's first birth of a "saviour sibling," selected at the embryonic stage to be a close genetic match to save a brother or sister suffering from a fatal inherited disorder.

The baby was born at the Antoine Beclere Hospital in

Clamart, in the suburbs of Paris, said doctors Rene Frydman and Arnold Munnich.

The child, born to parents of Turkish origin and named Umut-Talha (Turkish for "our hope"), was conceived through in-vitro fertilisation and was born on January 26 with a weight of 3.65 kilos

(8.03 pounds), they said.

"He is in good health," Frydman told AFP.

The child's embryo was genetically selected to ensure he did not carry the gene for beta thalassemia, from which his siblings suffer, but was also a close enough match to provide treatment cells from umbilical cord blood, a rich source of stem cells.

Beta thalassemia produces an abnormal form of haemoglobin, the protein in red blood cells which carries oxygen around the body. It causes destruction of red blood cells, which in turn leads to anaemia.

The world's first "saviour sibling" was Adam Nash, born in the United States in 2000.

The issue has been hedged with moral concerns about so-called designer babies and the morality of conceiving life to help a child with a genetic disorder.

Healthy aging:

Healthy aging: Over 50

Healthy aging is a hot topic for baby boomers everywhere. Whether you're concerned about weight gain, sex drive or chronic diseases, the key to healthy aging is a healthy lifestyle. Eating a variety of healthy foods, practicing portion control and including physical activity in your daily routine can go a long way toward promoting healthy aging. Better yet, it's never too late to make healthier lifestyle choices.

If an interest in healthy aging leads you to consider anti-aging therapies — such as restrictive diets, supplements or expensive treatments claiming to postpone or even reverse the aging process — be cautious. There's no quick fix for healthy aging. Know what you're buying, and know how to spot suspicious schemes. Often, anti-aging therapies don't live up to the claims.

Healthy retirement

Most adults spend years looking forward to a healthy retirement. Whether you're



still planning your retirement or you're ready to make the change, there's much you can do to ensure a healthy retirement.

Start by learning what to expect as you get older, from changes in metabolism and sex drive to vision and cardiovascular health. After all, your dreams for a healthy retirement likely depend on good health. Then consider ways to maintain a healthy retirement, from reducing your risk of falls and staying safe behind the wheel to preventing memory loss.

Another important aspect of healthy retirement is long term care. Consider your options now — including type of

long term care, as well as how to pay for it — to help prevent hasty decisions later.

Dependent seniors

For dependent seniors, ongoing care can often be provided at home. In fact, the right type of home care services for dependent seniors can promote independence and assure the highest possible quality of life.

If you're considering your needs as you get older, explore the breadth of services available for dependent seniors. For example, home care services can provide dependent seniors with a range of assistance — from medical care and physical therapy to nutrition counseling, housekeeping support, meal delivery and companionship services.

To help you sort through the options for dependent seniors, ask the right questions upfront. Find out about agency qualifications, quality of care, costs, and specific services provided. The more you know, the easier it'll be to choose the best agency or care provider for your needs.

(8.03 pounds), they said.

"He is in good health," Frydman told AFP.

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The world's first "saviour sibling" was Adam Nash, born in the United States in 2000.

The issue has been hedged with moral concerns about so-called designer babies and the morality of conceiving life to help a child with a genetic disorder.

BRIEFS:

Heart therapy works better in women :

WASHINGTON (AFP)–For the first time in the history of heart disease research, a certain type of treatment has proven more effective in women than in men, according to a US study published

Researchers think it may work better in women because they tend to suffer from a different kind of heart disease than men. Heart disease is the top killer of women in the United States, and kills more women annually than it does men.

The American Heart Association says 42 million American women have heart disease.

=====

China's Olympic pollution cuts could reduce cancer:

WASHINGTON (AFP) – If China continued with pollution cutbacks implemented during the 2008 Olympic Games, Beijing residents could see their lifetime lung cancer risk cut nearly in half, a study suggested. China emits the most PAHs of any country in the world, followed by India and the United States.

The analysis said that Beijing, home to 22 million people, would see about 21,200 lifetime cases of lung cancer at current levels of PAH pollution.

However if pollution controls instituted during the Olympics were maintained, that number would drop to 11,400.

=====

Study finds link between genes and depression:

WASHINGTON (AFP) – People who are genetically predisposed to produce lower amounts of a certain brain chemical that regulates appetite and stress may be at higher risk of severe depression, researchers said.

The findings should shed more light on how depression affects certain people more than others, and could help lead the way toward developing more individualized therapies, researchers at the University of Michigan said.

People who produce lower amounts of the brain molecule neuropeptide Y (NPY) had "measurably stronger brain responses to negative stimuli and psychological responses to physical pain," the study said.

=====

Junk food diet linked to lower IQ - study:

PARIS (AFP) – Toddlers who have a diet high in processed foods may have a slightly lower IQ in later life, according to a British study described as the biggest research of its kind.

The conclusion, published on Monday, comes from a long-term investigation into 14,000 people born in western England in 1991 and 1992 whose health and well-being were monitored at the ages of three, four, seven and eight and a half.

Parents of the children were asked to fill out questionnaires that, among other things, detailed the kind of food and drink their children consumed.

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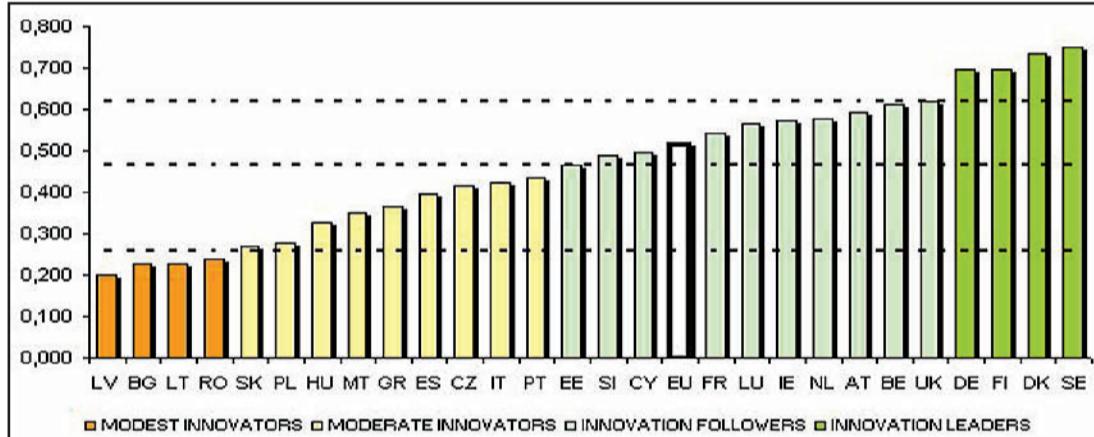
WHO probes swine flu narcolepsy concerns:

GENEVA (AFP) – Twelve countries have reported suspected cases of narcolepsy linked to swine flu jabs, the World Health Organisation said as its scientists said the findings warranted more investigation. The WHO said in a statement that such sleep disorders, mainly in youngsters, had not been seen with vaccines in the past, and were more frequent in Sweden, Finland and Iceland than in other countries.

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FantaSea at the Royal Plaza

The Innovation Imperative for Creating New Economies



ORANJESTAD -- University professor and NCIC president, Prof. Dr. Ryan R. Peterson calls for intelligent, inclusive, integrated and innovative development

It is no secret that nations and economies across the globe are experiencing tectonic transformations as they face tumultuous times of recession and recovery. Caught between the 'Scylla' of volatility and the 'Charybdis' of vulnerability, national economies are indeed facing a 'new normal' as they attempt to hold on to past competitiveness, and position themselves for future development and prosperity.

Recently, the EU released the results of a regional survey indicating that the EU, once leading in innovation, is failing to close the innovation performance gap with its main international competitors: the US and Japan. Although the trends in most EU Member States are promising despite the economic crisis, progress is not fast enough. While the EU still maintains a clear lead over the emerging economies of India and Russia, Brazil is making steady progress, and China is catching up rapidly. In similar vein, research indicates that the Netherlands has lost its international competitive

edge. Within the EU, Sweden is the most impressive performer followed by Denmark, Finland and Germany (see figure above).

Holding on to the past may well be the biggest challenge as countries seek to move forward. Within this new normal, 'government-as-always' and 'business-as-usual' will not suffice, and seeking new innovative ways of development has become paradigmatic. In the face of the twin developments of global recession and recovery, the relative importance of various drivers of economic growth and prosperity has evolved, and innovation, in its many dimensions, shapes and forms, has emerged as a leading contributor to sustainability. Without a strong emphasis on directed pro-innovation policies we cannot even hope for sustainability.

Based on extensive studies and almost 30 years of experiences, we know that national innovation plays an accelerating role in economic development and promotes sustainability and prosperity. Consequently, national innovation is (again) achieving prominence on public policy agendas around the globe, with the realization that the innovation policies and institutional capabilities

can help countries fulfill their national potential, build economic resilience, and improve the quality and equality of life for their citizens. Without a doubt, institutionalizing national innovation will be the single most important factor in determining Aruba's success and competitiveness through the 21st century.

For the past 25 years, we have grown our economy, yet, in the next decade we must optimize our entire society for innovation and sustainability. Through the development and mobility of talent (human capital) and technology (intellectual capital), knowledge has become a driver of productivity and a prerequisite to competing in the ever-progressing global market. With the advancement of the knowledge as a fundamental driver of competitiveness, the world has seen how economic, social and technological innovations empowers individuals, communities, industries and economies with profound impact on countries, governments, and society. As we celebrate our 'Status Aparte,' today we, as a nation, need to look beyond the past and present to create a new 'status' of idealism, ingenuity, inspiration and innovation.

by Ryan Peterson

Garufa Offered a Black & White Bar at Flora Market



Flora Market hosted its annual seasonal party this past weekend, debuting the Christmas décor themes and colors with dozens of guests admiring the always-fantastic, contemporary display of decorations, over a Black & White bar offered by Garufa Ultra Lounge. The friendly bar crew delivered champagne and Black & White shots, combined with butler-passed hors d'oeuvres catered by El Gaucho Argentine Grill. Pictured here the Black & White bar at Flora Market.

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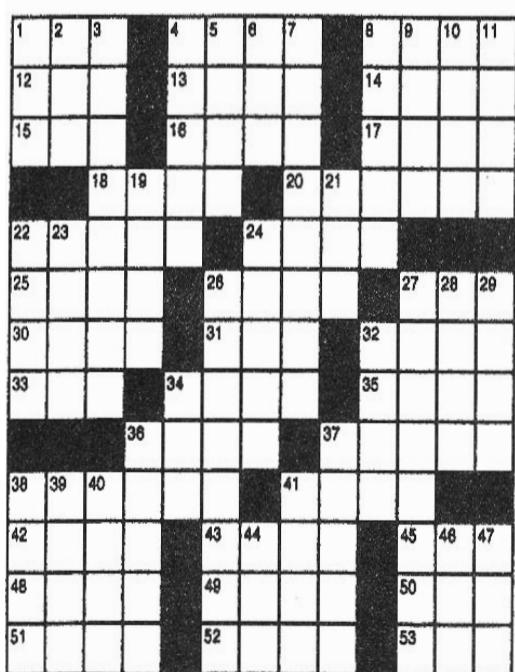
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ACROSS

1. Switch position 14. Drama part
4. Mideast nation 15. Make a mistake
8. Applaud 16. Simmer
12. Court 17. Region
13. Store event 18. Correct
19. Deter



24. Deficiency

25. Shoe part

26. "___ Easy Pieces"

27. Cumberland ___

30. Simple

31. United

32. "The ___ Ranger"

33. Female title

34. Small bird

35. Consumes

36. At what time?

37. Small bay

38. Draw off liquid

41. Fastener

42. Inactive

43. On

45. Cereal grain

48. At hand

49. Waiter's offering

50. Health resort

51. Comedian Danny ___

52. Orient

53. Countdown number

DOWN

1. Be obligated to
2. In favor of
3. Stronghold

4. Put out a paper

5. Grade

6. Pub drink

7. Yale's city

8. Grouch

9. Nobleman

10. Downwind

11. Juicy fruit

19. Depend (on)

21. Chill

22. "Let ___ eat cake"

23. Listen

24. Towels, etc.

26. John or Mary, e.g.

27. Football field upright

28. Poker stake

29. Nuisance

32. Ms. Horne

34. What person?

36. At what place?

37. Computer food

38. Basin

39. Inspiration

40. Drama

41. Male offspring

44. Afternoon beverage

46. Mimic

47. Beach acquisition

Courtesy of



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Horacio Oduber Hospital

Tel.587-4300

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Telephone 100

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C.V. TAS

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582-5447

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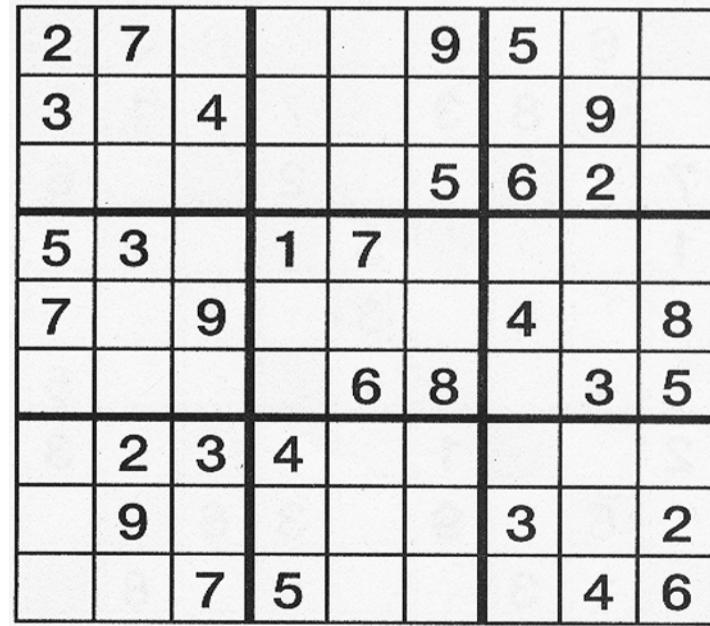
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Sudoku



SOLUTION

8	1	7	5	3	2	9	4	6
4	9	5	6	8	1	3	7	2
6	2	3	9	7	8	5	1	4
1	4	2	9	6	8	7	3	5
7	6	9	2	5	4	1	8	3
5	3	8	1	7	4	2	6	9
3	5	4	8	2	6	1	9	7
2	7	6	3	9	5	8	4	1
9	8	3	6	7	2	4	5	1

Complete the grid so that every row and every column contains the numbers 1 through 9
A number is Never repeated in a row or column.
In addition every rectangle must contain the numbers 1 through 9

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BRIEFS:

Pirates hijack giant Italian oil tanker :

ROME (AFP) – Pirates wielding rocket-launchers seized a large Italian oil tanker with a crew of five Italians and 17 Indians east of the Yemeni island of Socotra in the Indian Ocean, EU naval forces said.

Spokesman wing commander Paddy O'Kennedy told AFP that the 105,000-ton, Italian-owned and flagged Savina Caylyn was "confirmed" seized and "is currently sailing west," towards the Somali coast.

According to the Italian navy, the captain tried to evade capture by speeding up, suddenly changing gear and firing powerful water jets on the skiff, but the pirates opened fire with sub-machine guns and rocket launchers.

Initial reports said no-one was hurt in the attack.

Anglo Irish Bank set to lose 17.6 bln euros :

DUBLIN (AFP) – State-rescued Anglo Irish Bank said that it expects to report a loss of 17.6 billion euros (\$24 billion) for 2010.

The forecast follows "another exceptionally difficult twelve month period for both the Bank and the Irish economy," the nationalised lender said in a statement.

This position was as a result of additional capital support provided by the Irish government which bailed out the bank in early 2009 at the height of the global financial crisis.

The Irish government set up NAMA to buy soured property loans from banks at a discounted price in a bid to stabilise the sector and remove toxic assets from balance sheets.

Drought threatens China crops, UN Food agency warns:

ROME (AFP) – A severe winter drought is threatening crop production in China, the world's biggest wheat provider, the UN's Food and Agriculture Organisation (FAO) said in an alert issued on.

Substantially below-normal rainfall since October in Northern China has not only put the crop at risk but has also caused shortages in drinking water affecting over 2.57 million people and their livestock, FAO said.

The FAO warned that floods and heavy rain across southern Africa have damaged thousands of hectares (acres) of farmland, raising fears for food supplies.

Anglo Irish Bank set to lose 17.6 bln euros :

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The forecast follows "another exceptionally difficult twelve month period for both the Bank and the Irish economy," the nationalised lender said in a statement.

Anglo Irish said the loss included impairment charges of 7.8 billion euros and a loss of 11.5 billion euros from the sale of assets to the National Asset Management Agency (NAMA) -- a 'bad bank' set up by the Irish government to help stabilise the crippled banking system.

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Bookstores feeling pain from digital technologies

WASHINGTON (AFP) – Pundits might put a different spin on how and when it will happen but all see a struggle for survival by traditional booksellers thanks to a growing shift to electronic books and Internet sales.

Borders Group, which operates some 500 US stores, said in late January it would delay payments to vendors, landlords and others as it seeks to restructure its debt, but many analysts see bankruptcy or a sale looming for the second-largest US bookseller.

Last year, the money-losing number one US bookstore group, Barnes & Noble, indicated it was in discussions on a sale or other strategic options.

"Disruptive change is coming to the book businesses of the world and they're looking to the US experience to understand the nature of that change and what to do to prepare for it," said Mike Shatzkin, head of the consultancy Idea Logi-

cal Company and organizer of the Digital Book World conference held recently in New York.

The Internet not only offers lower prices for many products but now can deliver books digitally to devices like Amazon's Kindle, the Apple iPad and others.

E-book sales, meanwhile, have more than doubled in each of the last three years, according to Shatzkin.

In the coming years, he sees the market for traditional booksellers tumbling from 72 percent of the sales to about 25 percent of the sales, a reduction of two-thirds.

This would mean a loss of 90 percent of bookstore shelf space over the next 10 years, and a drop from over 1,200 large bookstores in the United States to "maybe 150 decent-sized stores", he told AFP in an email exchange.

Amazon.com said last month it is now selling more Kindle books than paperback

books -- 115 ebooks for every 100 paperbacks, in the US market.

"Bookstores lose customers two ways: to e-book sales and to print (books) sold online," Shatzkin said. "Print online is now about 25 percent of print sales and e-book sales are about 10 percent of print sales."

A Pew Research Center report showed five percent of Americans owned an e-book reader last year, but that may underestimate the trend because other devices including smartphones can be used for the same purpose.

According to Forrester Research, Americans spent an estimated \$1 billion on e-book downloads in 2010 and the market is surging.

Becker said he still sees bookstores, but only to serve particular market niches -- like university bookstores that sell school merchandise, and other specialized stores that serve a small group.

US consumers rediscover credit appetite



WASHINGTON (AFP) – American shoppers have regained their legendary appetite for credit, with credit card spending rising in December for the first time in 26 months, the Federal Reserve reported.

Long held back by recession, high unemployment and falling home prices, US consumers boosting revolving debt -- mostly credit card debt -- by 3.5 percent in December, the central bank reported.

The amount of all outstanding consumer credit rebounded 2.6 percent in the final quarter

of 2010 from a year earlier, after three quarters of shrinking declines.

Despite the solid increase, for all of 2010 consumer debt fell for the second year running, by 1.6 percent compared with a 4.4 percent drop in 2009, the Fed report said.

Since the Fed began tracking the data in 1943, there was only one other year when US households cut their debt: in 1991, by 1.2 percent.

In last December alone, consumer debt increased by \$6.1 billion after rising \$2.0 billion in November and \$7.7 billion in October.

The 3.0 percent increase for overall debt in December was stronger than most analysts expected and suggested consumers may be more comfortable resorting to using their plastic, amid a recovering economy.

"Surprisingly, revolving consumer credit, which is mostly credit card debt, increased by \$2.3 billion," Nomura Global Economics said in a client note.

"The modest gain may indicate that many households have brought their credit card balances down to a more comfortable level relatively to incomes. If so, the extra savings used to pay down debt may diminish in coming months, leading to faster consumer spending," they said.

Nonrevolving credit -- loans to finance such items as vehicle purchases or university education which represent two thirds of consumer credit -- rose 2.8 percent in December.

YESTERDAY'S Crossword Answer

BASS	FAT	LOOP
ALLY	OVA	ARIA
ROAR	REMOTELY	
DEMURE	PUT	PACT SITES
VAN	WAISTCOAT	
IRIS	SAP	ELSE
ECCENTRIC	DEW	
WHERE	ANON	
PAD	STIFLE	
TOLERANT	GOOD	
ELAN	TOE	HUNG
NEXT	ERR	TREY

Gold Coast Aruba: Great savings for large families on holiday rentals



Aruba's newest and most innovative gated community has enjoyed steady sales since breaking ground, as many are finding the secure surroundings and outstanding amenities are just what they were looking for before considering purchasing property on the island. Some owners are using the villas or town homes as vacation retreats rather than full time and are taking advantage of Gold Coast's rental services to turn their investment into ready income.

"The greater portion of home owners are using their "home away from home" in Aruba to escape the winter months, or spend holidays with the family on the island," noted Gold Coast developer Fito Croes. To assist in the demand for more complete facilities for groups and families, famed hotelier Ed Malone has been placed in charge of the rental program.

Staying at Gold Coast is a very attractive proposition for those traveling with groups that would require multiple

hotel rooms. Two and three bedroom Villas or Town Homes accommodate large numbers and offer extensive amenities along with a final cost resulting in considerable savings. The community is minutes to the best beaches and all the casino action, and



offers a quiet and secluded getaway with two swimming pools and specialized services with more on the way, such as



a fitness room, tennis courts and mini-mall. Ed can arrange maid service, babysitters, caterers, airline pick-up and drop-off; they even boast a shopping service to stock your shelves before arrival.

Gold Coast accommodations are elegant and spacious, offering privacy for parents or a few couples. Beautifully appointed kitchens and bathrooms grace each abode; barbecues and lounges are provided for friendly cookouts and truly savoring the island life. All homes come with cable TV, high-speed fiber-optic Internet connection, individual washer/dryer, and are fully air-conditioned. Cribs, high chairs and hair dryers are available for a modest fee. Concierge services to arrange rental cars, spa appointments, activities and restaurant reservations are all part of the package.

Check-in for your holiday escape is conducted in the comfort of your vacation home, not while waiting online at check-in desk. In every way, Gold Coast seeks to pamper their guests while providing them with the feeling of being in a cozy community, not the normally bustling resort, particularly experienced during the major holidays. If you wish an optimal vacation experience with great savings, visit their website: www.goldcoastaruba.com to get acquainted with the community and the layout, details and availability of accommodations, or call 586-2200 to talk personally to a Gold Coast representative.

The Queen's offers an authentic taste of Aruba!



Varella, Luisa and the next generation of chef

One of the distinctions of Aruban cuisine is incorporating unique indigenous ingredients such as in Wild Cucumber Stew and a particular light fish chowder accompanied by the local specialties pan bati (corn meal pancake) and funchi (the local version of polenta.) Thus, eating out at the authentically Aruban restaurant, The Queen's, is very affordable, with a true taste of regional cuisine.

Owner Varella Innocencia confesses she opened her

into local cuisine. "We will definitely return to The Queen's," they affirmed, "the food was delicious and the prices are more than right."

The menu sports a variety of steaks and tenderloin, fresh caught seafood, Caribbean lobster, and of course, one of our favorites, and what we consider a true test of local cuisine, "Keshi Yena"- "Filled Cheese." This is a tasty, filling stew of chicken, with other ingredients that are handy that day, all incased in a thick skin



Keshi Yena with plantains and vegetables

restaurant in Oranjestad because "I grew up with this, and loved serving people our island food. My father and mother operated the little restaurant across from the Americana, which some may remember, the original Arawak. I remember how much our customers loved trying the local food, and they especially loved the prices!"

Varella's mom, Luisa, is still in the kitchen, conjuring up the delicious dishes that have been in her family for generations, which is acknowledged on the menu with "Carni Stoba di Mamachi" - "Grandma's Beef Stew," and their Arawak Steak.

We also bumped into island visitors Jim and Callie from Michigan, who were eager to try island food, and were more than pleased with their venture

of melted Gouda. It was very satisfying and particularly memorable paired with The Queen's garlic bread and very special Pica, a mix of chopped onions and the famous local hot pepper, Madame Janette. Not overly spicy, it lent that perfect bit of tang to this deliciously picturesque meal.

Located next to the Harbor at the end of the Weststraat, The Queen's is open from 11:00 a.m. to 11:00 p.m., daily, offering indoor and outdoor dining. They also have daily specials, aside from an extensive menu; made from whatever is in season.

We noticed a steady stream of islanders coming for lunch in the pleasant surroundings or picking up take-out containers; always a sure sign of a winner is where the locals like to eat!



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For love, Chilean woman phones in bomb threat



SANTIAGO, Chile (AFP) – A Chilean woman desperate to keep her boyfriend home called in a bomb threat as his Iberia airline flight to Spain prepared for takeoff, police said.

Francisca Galleguillos allegedly warned authorities about the would-be bomb on week-end, when her boyfriend was scheduled to depart from Santiago's international airport to Madrid, according to a police source who requested anonymity.

Marco Arancibia, 39, was traveling to Spain to begin

Ken and Barbie's fate put to Facebook vote



WASHINGTON (AFP) – Facebook users are being asked to vote on whether one of the most iconic US couples ever should be reunited after a seven-year split.

Barbie and Ken, two half-century-old dolls marketed by the world's biggest toy company, Mattel, split on Valentine's Day 2004 after 43 years together, and now the public is being asked to weigh in on whether they belong together.

After the big break-up, Barbie began a dalliance with an Australian surfer dude-doll called Blaine and Ken dumped his role as Barbie's eternal side-kick and "stepped out in a big way," Mattel says on the Facebook page for the two dolls.

working on a cruise ship for eight months, and there were no stops in Chile, according to local media reports.

Galleguillos was arrested and transferred to a detention center in Santiago.

Flight 6830 was at the point of takeoff when she called authorities and made the false report. As a result, 312 passengers were evacuated.

After the crew and passengers got off, authorities searched the plane and did not find any explosives, Eduardo del Canto, head of airport security, told journalists.

The passengers spent the night at a Santiago hotel and were booked onto a flight to Spain scheduled to depart the next day, local media reported.

The woman initially told authorities that her boyfriend's father was hospitalized in an accident, police said. But when that tale proved insufficient, she reported a bomb on the plane.



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S.Korea to make film of Somali piracy raid



photo shows Korean Navy elite soldiers storming a ship hijacked by Somali pirates in the Indian Ocean

SEOUL, S.Korea (AFP) – The South Korean navy's dramatic raid on Somali pirates who hijacked a ship will be made into an action film, a Seoul movie producer said.

Navy commandos rescued the Samho Jewelry, an 11,500-ton freighter hijacked in the

Arabian Sea, and its 21 crew -- including eight South Koreans -- in a dramatic pre-dawn raid.

Five pirates were killed in the January 21 operation. The South Korean captain was wounded but none of the other crew members was injured.

Would-be royal brides swoon at waxwork Prince William



U.S. artist Jennifer Rubell poses for a photograph with a wax figure of Britain's Prince William,

LONDON, England (AFP) – Admirers of Prince William will get the chance to find out how Kate Middleton felt standing by his side when their engagement was announced, with the help of a life-size model unveiled.

American artist Jennifer Rubell has created the wax model of William, which will be displayed at a London exhibition this week, ahead of the couple's wedding at Westminster Abbey on April 29.

The model is complete with

During the much-praised mission, the navy captured five pirates who were later flown to South Korea to face possible trial.

The upcoming movie will resemble "Saving Private Ryan", a Hollywood epic about a group of World War II US soldiers going behind enemy lines to rescue a paratrooper, said a spokesman for production house Christmas Entertainment.

"This is such dramatic, perfect material for a movie," said the spokesman, adding production will cost about 20 billion won (\$18 million).

He said the story will largely centre on members of the UDT/SEAL units who staged the rescue.

The film, whose working title is "Dawn in the Gulf of Aden", will start shooting in September for scheduled release in February 2012.

royal brides can live out their fairytale fantasy by slipping on the ring and standing arm-in-arm with the prince.

"It's the feminine equivalent of winning the lottery," said Rubell, 40.

"William is a living Prince Charming. When reality offers you a living, breathing human being that occupies a reality that's existed for thousands of years -- that's very attractive."

Rubell, a former food writer from New York, also features in her exhibition five drinks associated with the monarchy and British empire which visitors can sample -- rum, gin, Madeira wine, whisky and sloe gin.

"You can make a toast to the happy couple you've just become," she joked.

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Nadal and Federer era is over, says Tsonga



ROTTERDAM (AFP) - Frenchman Jo-Wilfried Tsonga on Tuesday sauntered into the second round of the ATP Rotterdam Open after a 6-4, 6-4 defeat of Bulgarian Grigor Dimitrov and declared the era of domination from Roger Federer and Rafael Nadal is over.

The eighth-seed who lost the 2008 Australian Open final to Novak Djokovic said that the Serb's victory in Melbourne little more than a week ago over Andy Murray marked a gate-crashing of the private party enjoyed by the Swiss and Spaniard for the last half-decade.

"Federer and Nadal are not alone (at the top of the rankings) any more," said Tsonga, who fired 11 aces in his 75-minute win over the 19-year-old Dimitrov.

"Maybe on clay, things (Nadal's victories) are still the same, but not on other sur-

faces.

"Djokovic and Murray are beating Nadal and Federer very often, all the players are improving their games. It's not just about Nadal and Federer any more."

Tsonga said that his present world ranking of 18 after an injury-marred 2010 season, which saw him fall out of the Top 10, was not a reflection of his present form.

"I've also improved my game but my ranking has gone backwards," he said. "I feel that I'm playing better than two or three years ago."

"I'm in good shape and taking the matches here step by step - but I still feel I have a chance to win the title," said Tsonga, who has won five ATP titles.

Dimitrov, ranked 86th, saved a match point one game from the end against Tsonga, who next plays compatriot Michael Llodra.

Third seed David Ferrer was the first top ranked player to lose as the Spaniard lost 6-3, 6-4 to Finn Jarkko Nieminen in the opening round.

Ferrer, who lost to Andy Murray in the Australian Open semi-finals after ousting compatriot Nadal in the last eight, found himself adrift indoors at the Ahoy stadium.

The world number six who won his first nine matches of the season, was unable to replicate his first-round win over Nieminen in Melbourne, exiting in 75 minutes after holding a 3-1 lead in the second set.

The 43rd-ranked Nieminen, a 2006 semifinalist here, will play Serb Viktor Troicki in the second round after improving his modest record this season to 2-3.

The victory was the first for Nieminen in a month since Doha, a victory followed by first-round defeats in Sydney and Melbourne.

Croatian seventh seed Ivan Ljubicic defeated Ukrainian Sergiy Stakhovsky 7-6 (7/3), 6-3 while German Philipp Kohlschreiber lined up as a possible opponent for top seed Robin Soderling after defeating Lu Yen-Hsun of Taiwan 6-4, 7-6 (7/5).

Soderling, a two-time Roland Garros finalist, is set to begin his campaign against Dutchman Robin Haase.

Super Bowl's MVP gets his wheels



DALLAS, TX - In this handout provided by General Motors, Super Bowl XLV Most Valuable Player Aaron Rogers (right) receives his new 2011 Chevrolet Camaro Convertible from Chevrolet Marketing Director Kevin Mayer for leading the Green Bay Packers to a 31-25 victory over the Pittsburgh Steelers on February 7, 2011 in Dallas, Texas. (Photo by General Motors via Getty Images)



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Kallis may only bat in WCup warm-up

JOHANNESBURG (AFP) - Star South Africa all-rounder Jacques Kallis may only bat in a Cricket World Cup warm-up against Zimbabwe in India Saturday as he recovers from a rib injury.

Team officials said caution was the key word despite assurances from the veteran that he was fit and raring to go after being injured last month in the drawn Test against India at Newlands.

Fast bowler Dale Steyn -- ranked number one in the world at Test level -- confirmed he was "good" after being involved in a Cape Town hit-and-run car accident last weekend.

South Africa headed to India on Tuesday with public and media expectations lower than in previous tournaments where the Proteas reached the semi-finals three times and the quarter-finals once in five appearances.

Ironically, the worst showing was in 2003 when they hosted the quadrennial cricket showcase and made a humiliating first round exit after getting their sums wrong in a run chase against Sri Lanka.

Captain Graeme Smith, who stands down as one-day skipper after the World Cup, believes "really good bonding sessions" could take his team to a first International

Cricket Council tournament triumph.

While he detests the "choker" tag placed on his team, they have repeatedly failed when it comes to the crunch, most recently as 2009 Champions Trophy hosts when the Proteas did not get past the first round.

"That is the nature of knockout tournaments, that is what makes them so tough and exciting. The stakes are always so high," said the skipper who turned 30 this month.

"Pressure is part of your life as an international sportsman and you learn to deal with it."

"We have had some good chats among ourselves. We are as well prepared as we can be for this tournament," Smith said of the February 19 to April 2 championship being co-hosted by India, Bangladesh and Sri Lanka.

After facing neighbours Zimbabwe in Chepauk, South Africa confront World Cup title holders Australia in Bangalore on February 15 before opening their Group B campaign against the West Indies nine days later.

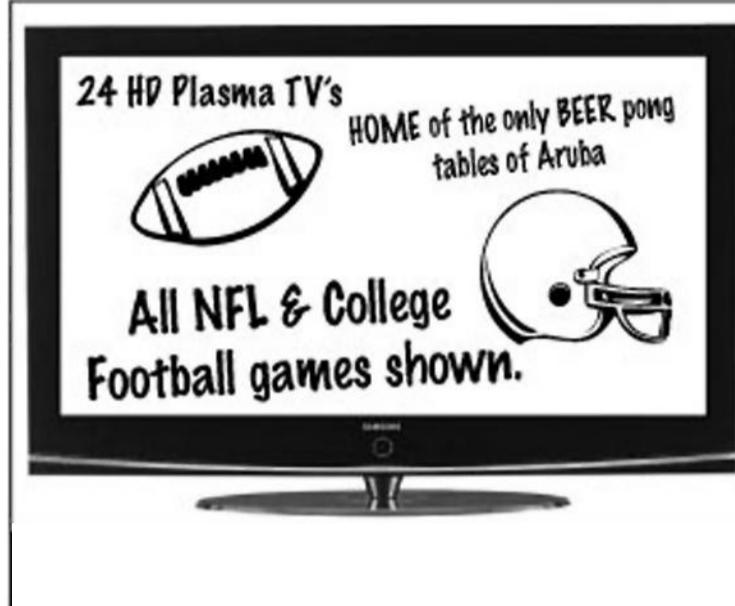
Test nations Bangladesh, England and India and qualifiers Ireland and the Netherlands complete the mini-league with the top four teams advancing to the knockout phase.

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Fans celebrate Packers' triumph



GREEN BAY, Wisconsin (AFP) - For many football

fans in this Northeastern Wisconsin mill town of 102,000

people, the view on Monday of their beloved Green Bay Packers was measured in minutes, if not seconds.

Still, 35,000 lined neighborhood streets and jammed the Lambeau Field parking lot to offer their team a brief but hearty "welcome home" after Sunday's victory over the Pittsburgh Steelers in Super Bowl 45 in Dallas.

"I didn't know which bus anyone was on, and I couldn't really see who anyone was, but it's just so exciting," said Packers fan Linda Vander Pas shortly after watching a quick parade of buses carry the team through Green Bay's west side.

She traveled 20 miles from her home then stood for several hours in sub-freezing temperatures weather despite knowing she would see little of the players.

Police said the crowd was well behaved, reporting no problems along the 6.2 miles of streets leading to the Stadium from Austin Straubel International Airport.

Nor were there any incidents at Lambeau Field, where fans strained to get autographs or high-fives in the moments it took for players to disembark from the white Green Bay Transit buses and stroll to their cars.

Unlike most modern franchises, which often are owned by billionaire corporations or individuals who have made millions from them, the Packers truly belong to the community.

The team's owners are the people who work in the paper mills, hospitals and businesses throughout the Fox River Valley and own non-voting shares of stock in the team.

Some Packers shareholders were among the several hundred people who showed up at Lambeau on Monday to

shovel snow from the field in advance of the celebration.

The Packers regularly seek fans to shovel the stadium at the rate of eight dollars per hour when snow blankets the area before games and other events, and hundreds show up for the opportunity.

The team asked for another 100 to shovel on Tuesday, in advance of a community celebration billed as "A Return to Titletown."

Hannah Elliott was not among the people who shoveled the stadium, but she had an excuse: a shortage of sleep

after making the 700-mile drive from her home in eastern Nebraska after work on Friday to enjoy Super Bowl weekend with family and friends in her native Green Bay.

"Other teams have some fans who are this crazy and this dedicated," Elliott told the Green Bay Press-Gazette as she stood in the frigid weather with hundreds of people lining a street, a knit "Lambeau" cap covering her head. "But ALL Packers fans are this crazy and this dedicated."



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Sports brief

Cavs set new low with 25th straight defeat

DALLAS, Texas (AFP) – The Cleveland Cavaliers added to their unhappy resume as they went down to a record 25th straight defeat, losing 99-96 to the Dallas Mavericks.

With their loss this week, Cleveland broke their own

record for consecutive losses in the NBA -- 24 amassed in a period spanning the 1981-82 and 1982-83 seasons.

It was another lowpoint for a team whose previous defeat -- to Portland on Saturday -- had already set the record for the most in a single season.

European clubs blast FIFA

GENEVA (AFP) - European football clubs on Tuesday voiced strong opposition to talk of a winter World Cup and criticised the way world governing body FIFA has been handling changes in football.

"The time for monopolies is over. Football needs

democracy and transparency," said European Club Association chairman Karl-Heinz Rummenigge.

"ECA members agree that all clubs must be meaningfully involved in all decisions affecting club football.

In a statement, the ECA

expressed "its concern on the way matters of such importance are managed by football's world governing body" and "its opposition" to the "disruption" of mooted changes to the international fixture list including a winter World Cup.

It pointed to the sudden discovery of a FIFA decision last October to add eight new dates to the international match list in 2011 to 2014 "without any consultation" or "precise reason", despite growing warnings about player exhaustion.

The stance of powerful European clubs, which own many of the world's top international players, added to a wave of discontent with FIFA in the wake of the controversial race late last year to host the 2018 and 2022 World Cups.

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